

# DAILY MENU AT SANTHIKA RETREAT CENTER

## MONDAY

### Breakfast

Banana Juffle  
Oatmeal porridge with  
coconut milk & banana  
Fruit Plate

### Lunch

Vegetables soup  
Tofu teriyaki with rice  
Balinese dessert  
Jamu

### Dinner

Cap-cay vegetarian with rice  
Hummus & Pita  
Fresh fruits  
Coconut water

## TUESDAY

### Breakfast

Boiled eggs, toasts  
Spirulina smoothie bowl  
& granola  
Fruit Plate

### Lunch

Potato cream soup  
Sweet sour tofu with rice  
Balinese dessert  
Jamu

### Dinner

Banana flower soup  
Vitamin salad & fried tempe  
Balinese dessert  
Coconut water

## WEDNESDAY

### Breakfast

Peanut butter & banana toasts  
Black rice porridge with  
coconut milk  
Fruit Plate

### Lunch

Vegetarian curry soup  
Fresh garden salad  
Balinese dessert  
Jamu

### Dinner

Soup with Balinese pumpkin  
Tofu stuffed with vegetables  
Balinese dessert  
Coconut water

## THURSDAY

### Breakfast

Omelet with vegetables, toasts  
Overnight oats & coconut milk  
& fruits  
Fruit plate

### Lunch

Pumpkin cream soup  
Gado-gado with rice  
Balinese dessert  
Jamu

### Dinner

Black bean soup  
Pepes tofu&corn, urab, rice  
Fresh fruits  
Coconut water

## FRIDAY

### Breakfast

Humus toasts & vegetables  
Chia seeds pudding soya milk  
& granola  
Fruit plate

### Lunch

Soto vegetarian  
Stuffed paprika  
Balinese dessert  
Jamu

### Dinner

Young jackfruit soup  
Pita bread with vegetables  
Balinese dessert  
Coconut water

## SATURDAY

### Breakfast

Scrambled eggs, toasts  
Mung beans porridge with  
coconut milk  
Fruit Plate

### Lunch (tour)

Potato, tofu, tempe curry  
Vegetables stew  
Balinese dessert  
Water

### Dinner

Soup from bamboo  
Steamed vegetables + rice  
Balinese dessert  
Coconut water

## SUNDAY

### Breakfast

Banana Pancake  
Black rice with coconut flakes  
and brown sugar  
Fruit plate

### Lunch (tour)

Vegetables cream soup  
Vegetarian crazy  
Balinese dessert  
Jamu

### Dinner

Soup from moringa leaves  
Vegetarian kebab  
Fresh fruits  
Coconut water